

Photo courtesy of 2nd Infantry Brigade Combat Team Public Affairs

The command teams from the 2IBCT's various battalions helped serve the Thanksgiving meal, Wednesday, at the Warrior Inn.

Dining facilities celebrate Thanksgiving

KAREN A. IWAMOTO Staff Writer

WHEELER ARMY AIRFIELD — The Wings of Lightning Dining Facility managed by the 25th Combat Aviation Brigade, 25th Infantry Division, here, pulled out all the stops for its Thanksgiving meal, Wednesday.

The 25th CAB culinary specialists, some of whom won a Philip A. Connelly Culinary Award this year, created a traditional menu that included turkey, ham, steak, stuffing, green bean casseroles, candied yams, pies, cakes, pastries and more. Their decorations included two ice sculptures, a cornucopia and a teepee.

The purpose of the meal was twofold. First, it built camaraderie among Soldiers and the Army community, who came together to share a holiday meal.

"The fellowship and interaction I get to have with all of the Soldiers is what I enjoy," said Command Sgt. Maj. Jon Trawick of the 2nd Squadron, 6th Cavalry Regiment, who helped serve the Wings of Lightning Thanksgiving meal. "We don't get to see each other every day while we're at work, but today we all come together for this meal."

Sgt. 1st Class Christopher Campbell, culinary manager of the Wings of Lightning, agreed.

You can put aside anything bad that may have been happening for a little while and enjoy a good meal with your fellow Soldiers," he said.

This year, a section of the Wings of Lighting Dining Facility was set aside to memorialize the five 25th CAB aviators who died in August during a training mission when their UH-60 Black Hawk crashed off the coast of Kaena Point.

The second purpose of the Thanksgiv-

IBCT's Warrior Inn.



Courtesy of 2nd Infantry Brigade Combat Team Public Affairs

Soldiers crowd the 2IBCT's Warrior Inn during the Thanksgiving meal, Wednesday.

ing meal was to give culinary specialists from 25th ID's four brigades - the 25th CAB, the 2nd Infantry Combat Team, the 3rd Brigade Combat Team and the 25th Sustainment Brigade - a chance to demonstrate their creativity as they vie to win the annual Commander's Best Thanksgiving Contest.

'This is like our Super Bowl. It's a pretty big deal for us," said Sgt. 1st Class Mirinda Singmanichanh, manager of the 3rd BCT's Bronco Café on Schofield Barracks.

"Every DFAC is very competitive and wants to win. We all want to be able to talk smack on our competition," she added, with a laugh. "We also always want to see who has the highest headcount, who got the most people to come to their fa-

This year, the Bronco Café went with a Macy's Thanksgiving Parade theme with cardboard cutouts of popular parade characters, such as Snoopy and Charlie

In addition to traditional items, such as turkey and pies, its menu included whole-roasted pigs and cakes decorated with the insignia of each of the 3rd BCT's

Entertainment was provided by musi-

cians from the 25th ID band.

Not to be outdone, the Warrior Inn DFAC, managed by the 2nd IBCT, brought a bounce house for Soldiers' children and live entertainment from some of the 25th ID's ha'a dance team to its celebration.

The winners of the Commander's Best Thanksgiving Contest were announced at the Sustainment Bistro, which is managed by the 25th Sustainment Brigade (after the Hawaii Army Weekly's publication deadline on Wednesday). The results will be published in an upcoming edition of the paper as well as online at hawaiiarmvweeklv.com.



Photo courtesy of 2nd Infantry Brigade Combat Team Public Affairs A luau display was part of the Thanksgiving decorations at the 2nd IBCT's Warrior Inn,



Photo courtesy of 2nd Infantry Brigade Combat Team Public Affairs Ha'a dancers perform for diners during the Thanksgiving meal, Wednesday, at the 2nd



Photo courtesy of 3rd Brigade Combat Team Public Affairs Cakes decorated with the insignia of the battalions that make up the 3rd Brigade Combat Team are on display at the Bronco Cafe on Schofield Barracks. The cakes were part of the Thanksgiving decorations created by the 3rd BCT's culinary specialists.



Photo by Karen A. Iwamoto, Oahu Publications

Lt. Col. Ryan Kendall, commander of the 2-6th Regt., 25th CAB, carves the turkey at the Thanksgiving meal, Wednesday, at the Wings of Lightning Dining Facility.

Vol. 46, No. 46

The HAW is an authorized newspaper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army-Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of

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Commander, U.S. Army Garrison-Hawaii Col. Stephen E. Dawson **Garrison Command** Sergeant Major CSM Lisa C. Piette-Edwards **Director, Public Affairs**

656-3154 **Chief, Internal Communication** Aiko Rose Brum, 656-3155

Dennis C. Drake

editor@ hawaiiarmyweekly.com Pau Hana Editor Jack Wiers 656-3157 community@

hawaiiarmyweekly.com Staff Writer and **Photo Editor**

Karen A. Iwamoto 656-3150 reporter@

hawaiiarmyweekly.com Layout Kristen Wong

layout @ hawaii army weekly.comAdvertising: 529-4700 Classifieds: 521-9111 Address

Public Affairs Office 745 Wright Ave., WAAF Building 107, 2nd Floor Schofield Barracks, HI 96857-5000

www.hawaiiarmyweekly.com Nondelivery or distribution 656-3155 or 656-3488

Website:

Contributing Commands U.S. Army-Pacific Russell Dodson, 438-2662 25th Infantry Division, & 25th Sustainment Brigade, & 25th Division Artillery LTC Curtis J. Kellogg 655-6350

2nd Brigade Combat Team MAJ Karen Roxberry 655-0738

3rd Brigade Combat Team CPT Eric D. Hudson 655-9526

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Dino Buchanan, 835-4003 500th Military Intelligence Brigade

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SGT Shameeka R. Stanley 787-6824 599th Transportation Brigade

Donna Klapakis, 656-6420 **USAG-Pohakuloa** Eric Hamilton, 808-969-2402 West Point grad confirmed as secretary

Army News Service

WASHINGTON — Dr. Mark T. Esper was confirmed by a vote in the Senate, 89-6, to become the 23rd secretary of the Army shortly after noon on Nov. 15.

President Donald Trump nominated Esper in July to become secretary of the Army.

A 1986 graduate of the U.S. Military Academy, Esper served on active duty for over 10 years before transitioning into the Reserve, achieving the rank of lieutenant colonel.



His service included a deployment with the 101st Airborne Division during Operation Desert Storm. For his valor during that operation, he was awarded the Bronze Star

Following his active duty service, Esper served in a number of think tank and congressional policy adviser roles here in Wash-

From 2002 to 2004, he became the deputy assistant secretary of Defense for Negotiations Policy, and from 2004 to 2006, he served as director of national security affairs in the Office of the Senate Majority Leader.

After serving in a number of other leadership positions with industry and government, he became vice president of government relations at Raytheon in 2010, the position he held before his confirmation to become secretary of the Army. Esper earned a master's degree in public

administration from Harvard in 1995 and a doctorate from George Washington University in 2008. He graduated from Laurel Highlands High School in Uniontown, Pennsylvania. in 1982.

Since Aug. 2, Ryan D. McCarthy has served a dual role as the acting secretary of the Army, as well as the under secretary of

After Secretary of the Army Eric Fanning stepped down in January, Robert Speer be-



To the Army Family,

Today I had the great honor of being sworn in as your 23rd Secretary of the Army. Having served previously in the Regular Army, Guard, and Reserves, I know well that people are the Army's greatest asset. I fully understand and acknowledge the sacrifices our Soldiers and Families have given to our great Army; especially during the previous 16 years of sustained combat operations. Thanks to your service, our Army remains the world's premier ground combat force and the bedrock of our Nation's defense. This is why the readiness and welfare of our Soldiers, Civilians, and their Families will always be foremost in my mind, and why I intend to pursue initiatives that will offer the professional opportunities and quality of life all deserve.

As I return to duty, I want you to know that my first priority is Readiness - ensuring the Total Army is ready to deploy, fight and win across the entire spectrum of conflict, with an immediate focus on preparing for a high-end fight against a near-peer adversary. Improving Readiness is the benchmark for everything we do; it should guide our decision-making.

My second priority is Modernization - building greater capacity and capabilities in the longer term. This means growing our operational force while maintaining quality, reshaping it to be more robust and successful in all domains, and modernizing it with the best weapons and equipment available to guarantee clear overmatch in future conflicts.

My third priority is Reform - improving the way we do business, including how we implement these priorities, to make the Total Army more lethal, capable, and efficient. This means changing the organizations, policies, processes, and tasks that consume time, money, or manpower without delivering real value, and applying the savings to our top priorities.

Lastly, I place great importance on a commitment by all – especially Leaders – to the Army's Values. This includes treating everyone with respect, collaborating broadly, and always doing the right thing. The Army is at its best when it works and fights as one team, and with the challenges we face ahead, a recommitment to these Values will serve us well

I will be working hard on all of these priorities, and welcome your ideas on how we can best achieve them. To be successful, we must work together and empower people at all levels to lead, innovate, and make smart decisions.

I look forward to meeting with and hearing from many of you in the months ahead, and am excited about the great things we will accomplish together.

came the acting secretary until McCarthy began his tenure in August.

As secretary of the Army, Esper has statutory responsibility for all matters relating to the U.S. Army: manpower, personnel, reserve affairs, installations, environmental issues, weapons systems and equipment acquisition, communications, and financial man-

As such, the secretary of the Army reports directly to the secretary of Defense.

The position of secretary of the Army was established by the National Defense Act of

USARPAC holds change of responsibility ceremony

Story and photos by STAFF SGT. JUSTIN SILVERS U.S. Army-Pacific Public Affairs

FORT SHAFTER — U.S. Army-Pacific held its change of responsibility ceremony, here, Nov. 17, at historic Palm Circle.

Command Sgt. Maj. Benjamin Jones assumed responsibility of USARPAC from Command Sgt. Maj. Bryant Lambert, who had held the position for more than three

Gen. Robert Brown, commanding general of USARPAC, was the host of the ceremony. During his speech, Brown spoke about Lambert's career spanning 35 years of service, with 26 of those years in the 82nd Airborne

"One of his most significant roles (during) his time in the 82nd was when he was a platoon sergeant under Battalion Commander Lt. Col. Stan McChrystal, and he learned a ton on training management, developing leaders and self-awareness," said Brown.

"Here at USARPAC, he displayed the immediate ability to excel at the strategic level. His efforts across the Pacific region enabled our allies, partners and friends to significantly improve their armies because of their increase in the education and development of their noncommissioned officer corps."

Brown thanked Lambert for his support and his service, saying he will be missed.

Thank you so much for your support, guidance, friendship and teamwork. It's been an inspiration and honor to serve with you," said Brown. "You will be missed, but I want you to know, you are always part of the 'One Team' ohana.

Lambert, who had served as the USARPAC command sergeant major since July 2014, said he learned quite a bit during his career.

"Over the past 35 years, I've learned so much and have gained a vast amount of knowledge and experience. Overall, it was a great experience, and I have no regrets," said Lambert. "I am looking forward to the next chapter in my life."

Brown also welcomed Jones to the USAR-PAC team.

"We welcome Command Sgt. Maj. Ben and Lea Jones, and his family," said Brown. "There is no one better to fill the void left by



Command Sgt. Maj. Benjamin Jones (center), incoming command sergeant major of USAR-PAC, prepares to move the colors during the change of responsibility ceremony, Nov. 17, at historic Palm Circle on Fort Shafter. Jones assumed responsibility of USARPAC from Command Sgt. Maj. Bryant Lambert (right, front), who had held the position for more than three

Right — Command Sgt. Maj. Bryant Lambert (center), outgoing command sergeant major of USARPAC, prepares to march the color guard forward during USARPAC's change of responsibility ceremony, Nov. 17, at historic Palm Circle on Fort Shafter.

Command Sgt. Maj. Lambert. Welcome to the 'One Team' ohana. We are honored to have you join our ranks."

Jones thanked Brown for his selection, saying it is a privilege to serve with USARPAC.

Thank you for selecting me to be the next USARPAC command sergeant major," said Jones. "I am truly honored and humbled to be joined in the (USARPAC) ranks.

Jones comes to USARPAC after serving as the 18th Airborne Corps command sergeant major at Fort Bragg, North Carolina. This is his second tour in Hawaii. He previously served as the division command sergeant major of the 25th Infantry Division at Schofield Barracks.



Because November is Warrior Care Month, we wondered,

"How do you show that you care?

By 3rd Brigade Combat Team Public Affairs, 25th Infantry Division



support and care for them any way I can."

"I just try to





keep them motivated."

Spc. Justin Henderson Signal support systems specialist 3-7th FA Regt. 25th DIVARTY



time out of your day to talk to them.

Sgt. Larry Mendez Multichannel transmission systems operatormaintainer 3-4th Cav. Regt



through my actions."



spirit up."

Spc. Brandon Roberds Motor transport operator 325th Bde. Support

Spc. Malcolm Seales Combat medic 3-7th FA Regt., 25th DIVARTY

Ground officially breaks for WWI memorial

C. TODD LOPEZ

Army News Service

WASHINGTON — Descendants of Soldiers and other veterans of World War I will soon be able to visit a national memorial in the nation's capital that commemorates the sacrifices of their great-grandfathers who fought in "the Great War."

An array of politicians, military leaders, veterans and officials from the World War I Centennial Commission officially broke ground for the National World War I Memorial, Nov. 9, at Pershing Park in Washington, D.C.

This year marks the 100th anniversary of U.S. involvement in World War I. It was April 6, 1917, when the United States declared war on Germany. The first American Soldiers would make their way across the Atlantic in June of that year.

The new memorial to those who served in World War I will share a space with an existing memorial dedicated to General of the Armies John Joseph "Black Jack" Pershing, who served as commander of the American Expeditionary Forces in World War I. The site is a short walk east of the White House.

Chief of Staff of the Army Gen. Mark A. Milley attended the groundbreaking as one of more than a dozen officials. He told those in attendance that World War I provided many lessons learned. Along with lessons in strategy, operations and tactics, the world also learned lessons in politics and government, he said.

"But if there is one lesson most of all to learn, it is the lesson to vow to never let it happen again," Milley said. "The way to prevent war is to maintain your preparedness for war, in the words of George Washington, our first president."

Milley said the pre-World War I Army was made up of fewer than 200,000 Soldiers who were spread across the nation in mostly law enforcement-type roles. To accommodate the needs of conflict in Europe, the Army grew quickly to some 4 million Soldiers. Still, the United States military was unprepared for that conflict.

"A state of unpreparedness led to many casualties in the battles of the Argonne and many others," Milley said. "So if there is one lesson for us to learn as a nation, it is to be prepared. If you want to sustain the peace, then have large, ready, credible military forces that can do whatever the nation asks it to do in order to ensure this experiment in liberty is passed on to the next generation and the generation after that."

Milley said the new World War I memorial will help Americans today fulfill their duty to remember what has happened in the past, and to honor those who sacrificed.

"As the chief of staff of the U.S. Army, it is my deep



DOD photo by EJ Hersom

Gen. Mark A. Milley, U.S. Army Chief of Staff, speaks at the ceremonial groundbreaking for the National World War I Memorial at Pershing Park in Washington, D.C., Nov. 9.

honor to be here today and honor those Soldiers, Sailors, Airmen and Marines that perished in the first world war," Milley said. "It is our duty to remember what they fought for, and why they fought. It is our duty to carry on that legacy and ensure the peace goes on into the future."

A memorial that resonates

Seated next to Milley at the ground-breaking event was Joe Weishaar, the now 27-year-old architect, who at just 25 was chosen to design the memorial.

"For the last two years, it has been my privilege and honor to be a part of what I consider one of the most noble undertakings today, and certainly in my own life," Weishaar said. "Rather than design a landmark that is pompous, ostentatious or bombastic, we find ourselves here, in a small park, on America's main street, tasked with the creation of a memorial to a group of men and women who gave themselves in service and sacrifice without the thought of how or why or when they would be remembered."

It will be Weishaar's architectural design, and the artistry of sculptor Sabin Howard, that will finally provide a memorial to give those World War I veterans the recognition they earned, but never asked for.

"It may be long overdue, but today marks another point in the journey of making sure they are not forgotten," Weishaar said.

Weishaar said it was back in June 2015 that he first saw a notice advertising a design competition for a national World War I memorial to be based in Washington, D.C. At the time he'd never been to the nation's capital, he said, and had just assumed such a memorial already existed there.

"We had memorials to the other notable three wars of the 20th century," he said.

After reading that notice announcing the design competition, he said he went online to research World War I, including photos from the war that he found through the National Archives.

The centerpiece of the new memorial will feature a sculpture that follows a single Soldier through his own personal World War I experience, beginning with that Soldier leaving home, and his daughter handing him his helmet. Other scenes depict the Soldier marching off to war, fighting and eventually returning home.

The World War I Centennial Commission expects the new memorial to be dedicated Nov. 11, 2018, which is the 100th anniversary of Armistice Day, the end of WWI.

DOD pledges to improve background investigations

LISA FERDINANDODOD News, Defense Media Activity

WASHINGTON — The Defense Department is pledging to improve the way background investigations are done, according to Garry Reid, DOD's director for

The Defense Department requires security clearances for service members and civilians, allowing them to be mission ready for deployment around the globe for DOD missions.

defense intelligence and security.

There is currently an enormous backlog in the investigations, Reid said. Some personnel have been waiting up to nearly two years for a top secret security clearance, he said, explaining the goal for completing a top secret investigation is 80

The delays are impacting readiness, he explained to DOD News.

"Units are deploying without a full complement of cleared intelligence ana-

lysts and technical experts," Reid said.
"Service members competing for positions that require top level clearances are held in check," he said. "Our research and development programs are not operating at capacity due to shortage of cleared de-

The long delays in processing clearances result in loss of talented people, particularly those just entering the workforce who have highly desired technical skills, but cannot afford to wait a year or more before starting the job, he said.

fense industry contractors."



The Defense Department requires security clearances for service members and civilians, allowing them to be mission ready for deployment around the globe.

"We are prepared to take this matter in hand and aggressively develop better approaches that can deliver quality investigations, at sustainable cost, within acceptable timelines," he said. Changes in procedures. The fiscal year 2017 National Defense Authorization Act, Section 951, Enhanced Security Programs for Department of Defense Personnel and Innovation Initiative, directed the defense secretary, to provide the following to the DOD committees:

•An implementation plan, by Aug. 1, 2017, for the Defense Security Service, or DSS, to conduct, after Oct. 1, 2017, background investigations for DOD personnel, whose investigations are adjudicated by the DOD Consolidated Adjudications Facility.

•A report, by Aug. 1, 2017, on the number of full-time equivalent employees of the DOD management headquarters that would be required by DSS to carry out the transfer plan.

•A plan, by Oct. 1, 2017, along with the Office of Personnel Management, to transfer government investigative personnel and contracted resources to the DOD from OPM, in proportion to the background and security investigative workload that would be assumed by DOD if the implementation plan were executed.

Backlog impacts readiness. DOD does not plan to assume the cases the OPM is already investigating, according to Reid. The pending cases are in various stages of completion and the department has already paid OPM's National Background Investigation System to conduct those investigations.

"The enormity of the backlog is stag-

gering," Reid told members of Congress

The backlog hurts readiness, erodes warfighting capacity, debilitates development of new capabilities and wastes taxpayer dollars, he explained to the House Oversight and Government's Subcommittee on Government Operations.

He said 93,000 DOD cases were waiting in a queue for a top secret investigation, and the prices for the investigations continue to rise at a "staggering rate."

"In 2015, after promising to provide credit monitoring to 22 million government employees and federal contractors whose personal data was compromised, OPM retroactively passed on these costs on to its customers – resulting in an additional \$132 million bill for DOD," he said.

DOD to reset process, procedures. Reid said the situation is "unacceptable and must be remedied through immediate mitigation measures and a long-term reformation of the personnel vetting system"

He said that is why Congress directed DOD in 2017 to develop plans for assuming control of the background investigations.

In August, the defense secretary approved the plan and notified Congress, the director of national intelligence, the director of OPM, and the director of the Office of Management and Budget of his intent to execute the plan over a three-year period, according to Reid.

U.S., China armies open the 13th annual DME

SUSTAINMENT COMMAND

PORTLAND, Oregon - The 13th annual U.S.-China Disaster Management Exchange (DME) Table Top Exchange (TTE) and Practical Field Exchange (PFE) portions commenced on Nov. 16 with an opening ceremony at Camp Rilea, Or-

Hosted by U.S. Army-Pacific, the DME allowed hands-on and side-by-side interaction between the U.S. Army and the People's Liberation Army (PLA) on humanitarian assistance and disaster relief (HA/DR) operations and enabled sharing of lessons learned.

The 2017 exchange focused on a notional flooding scenario in which both armies would be requested to provide HA/DR to a third affected state as part of a Multinational Coordination Center (MNCC).

Maj. Gen. Susan A. Davidson, commanding general, 8th Theater Sustainment Command, welcomed attendees and highlighted how the event would build understanding and trust between the two armies.

"Disaster Management Exchanges like this are invaluable because as they expand in depth with each iteration, they allow us to truly recognize the importance of collaboration in addressing nontraditional security



Photo by Nathan H. Barbour

U.S. Coast Guardsmen from the USCG Sector Columbia River perform a water rescue demo with an MH-60 Jayhawk helicopter for participants of the 2017 U.S.-China DME at Camp Rilea, Oregon, Nov. 16.

threats such as natural disasters," Davidson said. "Our ability to increase our practical de-confliction and gain a better understanding of each other's procedures in the event of a real-world disaster response could be what makes all the difference to the affected state."

Throughout the exchange, personnel simulated reallife scenarios in order to identify procedural gaps and practice techniques required for efficient and collaborative response, such as search and rescue techniques and the construct of the MNCC.

"The PLA and U.S. military both have dignified histories of and glorious accomplishments. Although we are geographically far from each other, the respect for human life is beyond national boundaries and races," said Maj. Gen. Huang Taoyi, deputy commander, 75th Group Army, PLA Army. "We are ready to join our friends from the U.S. to actively implement the consensus reached by our two state leaders and make concerted efforts to make this year's DME more practical, more in-depth and improve the two militaries' abilities in disaster relief."

Starting in 2005, the DME has been held at locations in Hawaii; Washington, D.C.; New York; Washington; and multiple areas in China. The DME has also matured from basic visits and briefings into a substantive exchange that uses table top and PFEs to focus and facilitate interac-

tion and develop the capacity to de-conflict HA/DR operations between the U.S. Army and the PLA.

In addition to providing a learning opportunity for the U.S. and PLA Army participants, this year the DME included military and government observers from Bangladesh, Canada, Japan, the Philippines, Singapore and the People's Republic of China. U.S. participants included USARPAC, the 8th TSC, the Oregon National Guard, the U.S. Military Academy (USMA), and many others.

Disaster Management Exchange held in Oregon this year

MAJ. LINDSEY ELDER

8th Theater Sustainment Command Public Affairs

PORTLAND, Oregon — Senior leaders with U.S. Army-Pacific, the People's Liberation Army and representatives from various disaster management agencies participated in an expert academic discussion (EAD) during the 13th iteration of the U.S.-China Disaster Management Exchange (DME), here, Nov. 13-14.

The EAD is the starting event of the overall DME, which also includes a Table Top Exchange (TTE) and a Practical Field Exchange (PFE). The 2017 exchange focused on a notional international flooding scenario in which both armies would be requested to provide humanitarian assistance and disaster relief to an impacted nation as part of a Multinational Coordination Center

The EAD featured two days of briefings on topics varying from flood mitigation and flood control engineering in each country, to the best use of social media and other technologies for the most effective disaster response.

The Indo-Asia-Pacific remains the most natural disaster-prone region of the world. As such, participants often had personal lessons learned from real-world responses to regional natural disasters for shared learning in the discussion.

Examples included the PLA's August 2017 response in Macau after Typhoon Hato, the worst storm to reach its shores in more than half a century, and the U.S. civil and military responses to devastating hurricanes like Harvey, Irma and Maria over the 2017 Atlantic hurricane

In real world disaster response, information and communication technologies can help disaster managers quickly access, contextualize and apply near real-time information, improving the speed and effectiveness of critical actions like warning populations at risk.

Dr. Erin Hughey of the Pacific Disaster Center (PDC), an applied research center managed by the University of Hawaii, provided an overview of the center's innovative, global multi-hazard disaster monitoring, early warning and decision support systems that could help both armies. She also highlighted opportunities where infor-stand the best disaster remation and resource sharing for modeling and mapping sponse involves a great deal



Photo by Capt. John D. Howard Jr., 8th Theater Sustainment Command

Participants from the EAD portion of the 13th iteration of the $\bar{\text{U}}$.S.-China DME take a group photo before the event's conclusion. The commanding general of the 8th TSC, Maj. Gen. Susan A. Davidson, headed the U.S. delegation on behalf of USARPAC and is at center front.

technologies could aid in future response efforts.

A highlight of this year's DME is the inclusion of the Pacific Disaster Center's web-accessible Disaster-AWARE system playing a major role in the TTE. Used as part of the MNCC response, upon invitation the scenario's international community will provide assistance to a country following a flooding disaster. All parties contribute to the MNCC, a platform to synchronize U.S.-Chinese military efforts in this notional assistance.

Experts from agencies like the U.S. Army Corps of Engineers (USACE), the National Oceanic and Atmospheric Administration (NOAA), the United States Geological Survey (USGS) and the PLA provided briefings on a variety of response aspects all with a common theme for effective disaster responses: No one does it alone.

Both countries under-

of planning, monitoring of environmental trends, and periodic training and rehearsals. This can involve events like the DME itself, flood drills in communities, and testing systems like the emergency broadcast system to ensure the public understands what notifications will look like during a real-world emergency.

Both nations also understand the importance for preparation and rehearsals prior to disasters occurring in order to save lives and reduce the risk to communities

"Disaster management is an area where regional cooperation has had, and can have, positive benefits for all," said Maj. Gen. Susan A. Davidson, the commanding general of the 8th Theater Sustainment Command, and the head of the U.S. delegation hosting the DME on behalf of USARPAC.

'The multinational coordination center provides a

structure and framework that reduces interagency and international frictions in conducting multilateral disaster relief operations. To make the framework effective, we must continually assess our progress on disaster preparedness and identify opportunities to support each In addition to USARPAC and the 8th TSC, participants

included the Oregon National Guard, the U.S Coast Guard Sector Columbia River, the Center for Excellence in Disaster Management and Humanitarian Assistance, the USACE Northwestern Division, and the USACE Port-

Participants expressed that the exchange was successful and beneficial, with both nations learning how to better work together with supporting civilian agencies

Starting in 2005, the DME has been held at locations in Hawaii; Washington, D.C.; New York; Washington; and multiple areas in China. The DME has also matured from basic visits and briefings into a substantive exchange that uses table top and PFEs to focus and facilitate interaction and develop the capacity to de-conflict HA/DR operations between the U.S. Army and the PLA.

West Point cadets experience cultural lessons

Story and photo by SGT. TYLER MEISTER

115th Mobile Public Affairs Detachment WARRENTON, Oregon — Participants in the 13th annual U.S.-China Disaster Management Exchange (DME) experienced many firsts, but this year marked the first time U.S. Military Academy West Point cadets participated in the event.

U.S. Army-Pacific hosted the annual event to promote strategic dialogue with the People's Liberation Army (PLA) to foster mutual trust and understanding. The DME allowed hands-on and side-byside interaction between the U.S. Army and PLA on Humanitarian Assistance and Disaster Relief (HA/DR) operations.

Since 2005, the DME has matured from basic visits and briefings into a substantive exchange that facilitates interaction and develops the capacity to de-conflict HA/DR operations between the U.S. Army and the PLA. This year's exchange took place Nov. 16-19, at Oregon National Guard's Camp Rilea Armed Forces Training Center, here.



engages with members of the PLA during the 13th annual U.S.-China DME that took place in Warrenton, Oregon. USARPAC hosts the exchange with the PLA.

The USMA sent four senior cadets, who are all Chinese language majors, in an effort to enhance their cultural knowledge and experience by observing the interactions and development between the PLA and U.S. Army.

"This is my first time witnessing our two nation's militaries coming together and having such a drastic difference in cultures and language," said Cadet Christopher Clarkin. "It is interesting to see how, over time, the Soldiers from both nations are able to overcome these differences and work together well."

The DME at Camp Rilea consisted of two main events. First, a tabletop exchange where joint interagency groups conducted HA/DR and discussions from a flood management-based scenario. Simultaneously, skill exchanges consisting of water rescue demonstrations, search and rescue, expedient bridging, and medical and surveys were conducted as part of the practical field exchange between both armies.

Cadet Jacob Roberts said it was a unique experience to be able to see firsthand the things they have been learning about in class.

"It was a great opportunity to interact with the PLA soldiers and see our cultures coming together and being successful despite clear differences with language and cultural barriers," said Roberts

The USMA mission is to educate, train and inspire the Corps of Cadets.

Child custody can often be a 'no man's land'

1ST LT. ANDREW J. HARMAN Legal Assistance Office

SCHOFIELD BARRACKS — When a married couple separates and the parties move to separate residences, there are many issues that require prompt attention.

What do we do about money? Do we need new cell phone and car insurance plans? Should we close joint bank accounts and credit cards?

For married people with children, however, none of these issues are more important and urgent as figuring out an interim custody arrangement.

When the parties first separate, they're in a situation I like to call "child custody no man's land." Both parents have equal custodial rights at this point. There's nothing legally preventing Mom from moving to another state and taking the kids, just like there's nothing preventing Dad from doing the same thing.

Essentially, the parents are only bound by their own sense of fairness, goodwill towards each other and fear of future repercussions if the matter ends up in court.

With that said, resorting to that kind of self-help can and often does have disastrous consequences. A separated parent who picks up the kids from school or day care without getting the approval of the other parent (or even informing the other parent) can prompt the other parent to call the police in a panic - and can certainly cause a judge to question that person's judgment.

Separated parents should conduct

themselves as if their every word and action might ultimately end up being scrutinized by a judge - because they likely will. Separated parents should be guided by the best interests of the children.

Here are some guidelines and practical tips for navigating child custody no man's land:

- 1) Attempt to reach some kind of agreement, even if it's just verbal. A situation where the parents continually "steal" the kids from each other without any kind of structure is unsustainable not to mention bad for the kids.
- 2) Ensure recurring contact with both parents. Fifty-fifty custodial arrangements sound good in theory, but are rarely manageable unless the parties have an excellent working relationship and live extremely close to one another. Still, the best custody arrangements are usually the ones where the child has frequent recurring contact with each parent.
- 3) Be flexible. Life has a way of messing up even the best laid-out custody plans. If a parent is unavailable to care for the kids on his or her "normal" custodial weekend, the parents should work together to work out a temporary alternative to the normal schedule. Courts look unfavorably upon a parent who refuses contact between the kids and the other
- 4) Communicate. Don't make a habit of passing messages to the other parent through the kids. Facilitate phone conversations between the child and the non-custodial parent, and keep the other

parent informed about medical appointments, school functions and other major issues. Never berate the other parent in front of the kids. Instead, promote and foster the relationship between the kids and the other parent.

5) Most importantly, think of your kids before yourself. Chances are, a child will have some sense of attachment to his/her bedroom, the house and the neighborhood, and may want to stay in the house he/she was living in before the parents separated. That doesn't mean the "child always goes with the house," but it is certainly a consideration.

Also, what are the child's needs? Is one parent better equipped (i.e., has a more flexible work schedule) to tend to the child's everyday needs - like getting the child to and from school and activities, supervising homework, cooking meals, etc.? If so, it usually makes sense for the child to stay primarily with that person until the parties can come to a formal agreement or the court can resolve the is-

If you are an active duty service member and the other parent is not, be reasonable and think about your case from a judge's point of view. You have certain limitations that a regular civilian parent does not, such as long and unpredictable working hours, lack of scheduling flexibility, temporary duties away from home, deployments, etc. Keep those in mind and be realistic about your custody expectations and when trying to agree on a visitation schedule.

Also, if you reside on an Army installation in Hawaii, be aware of child supervision policies prescribed by USAG-HI-12. For example, paragraph 5 of that policy states that "Children less than 10 years old cannot be left unsupervised at bus stops, public facilities, residences, in vehicles or recreational areas, and cannot walk to school alone."

If the parties are unable to successfully navigate child custody no man's land, then either parent may file a petition for custody in the Family Court, with or without an accompanying divorce action. An attorney can tell you more about what to expect if things get to that point.

A word of caution, even though the courts are fairly diligent about processing and scheduling these matters quickly, you should never count on immediate relief from the court. That's why it's best if the two parties can put aside their personal differences and play by a couple simple rules.

(Editor's note: Harman is a legal assistance attorney.)

Appointments

If you have any questions about child custody, visit the Schofield Barracks Legal Assistance Office at 278 Aleshire Ave. The office appointment line is (808) 655-8607.

No appointments are required during walk-in hours on Tuesdays from 9:30-11:30 a.m. and 1-3:30 p.m., or Thursdays from 1-3:30 p.m.



27 / Monday

MSG Cedric King

Be inspired by this survivor when he talks at the Oahu Veterans Center, Monday, Nov. 27, from 10-11:30 a.m. This bilateral amputee will share his story and future plans.

The center is located at 1298 Kukila St., Honolulu. RSVP at 734-7007 or admissions@honolulu. paulmitchell.edu.

30 / Thursday

Quarterly Retirement The 25th Infantry Division is slated to formerly recognize the service members who are retiring on Nov. 30 at 11 a.m. in Sgt. Smith Theater.

This event is open to the public. For more information, contact Sgt. Brenden Delgado, 25th ID G1, at 655-1610.

Evacuation Drill -Wheeler Middle and Elementary School will hold its annual evacuation drill on Nov. 30 between 8:30 to 10:30 a.m. Motorists should expect traffic delays in the vicinity of Wright Avenue and Lilienthal Road, Wright Avenue and Eastman Road, and Burns Road and Santos Dumont Avenue. An annual test is required for students and teachers.

Motorists and employees should stay alert, use extra caution and watch for keiki and pedestrians.



(Note: Times and locations of outages are a best guess. Field conditions may extend time needed.)

December

11 / Monday Wright Avenue — Par-

tial road closures will be in effect at Wright Avenue on Wheeler Army Airfield between Langley Loop and Elleman Road for curb inlet repairs at seven locations. The partial road closures are Dec. 11-Feb. 2, 2018, from 7 a.m.-3:30 p.m., Monday-Friday.

16 / Saturday

Another Outage Wheeler's Wiliwili Housing Area will experience an electrical outage on Saturday, Dec. 16, from 7 a.m.-5 p.m. The outage is required to support a 25th Combat Aviation Brigade project and provide a back up feed for housing.

Ongoing

Parking Closure — The Schofield Barracks Dental Clinic parking lot will be closed for construction through Dec. 18. The clinic apologizes for this inconvenience.

Patients should show up 15 minutes earlier for appointments. **Parking** can be found adjacent to the Exchange and behind the Dental Clinic.

HAVAI WEEKLY www.hawaiiarmyweekly.com "When work is finished."

Host of events to light up holidays

KAREN A. IWAMOTO Staff Writer

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii is kicking off the holiday season with its annual tree lighting ceremonies, here, and at Fort Shafter.

These community events celebrate a time of the year that has traditionally stood for peace, goodwill and fellowship.

"It our way of setting the tone for the holidays here," said Aubrey Kiemnec, Directorate of Family and Morale, Welfare and Recreation Special Events coordinator. "It's definitely a fun event for the whole family."

In addition to the lighting of the Christmas tree, there will also be free hot cocoa and cookies from Island Palm Communities, Christmas music from the 25th Infantry Division Band, and a chance for families to have their photos taken with Santa

Also, winners of the annual Holiday Card Lane contest will be announced. Every year, various Army units and community organizations create giant holiday "cards" on 4-by-8-foot sheets of plywood that are then displayed on the grass median across from the U.S. Post Office on Schofield Barracks, and on the grass median across from the library on Fort Shafter. Holiday Card Lane will remain on display until Jan. 5, 2018.

Tripler Army Medical Center is also hosting a tree lighting ceremony with Christmas crafts, games, a bouncy house and food trucks. Families there may also have their photo taken with Santa.

Information for the tree lighting ceremonies is as follows:

Schofield Barracks

5:30-7:30 p.m., Nov. 28 General Loop

Fort Shafter

5:30-7:30 p.m., Nov. 30 Palm Circle

TAMC

4-7:30 p.m., Nov. 30 Oceanside entrance and Regimental Park

Off-post events that celebrate the arrival of the holiday season include the following:

Honolulu City Lights The Honolulu City Lights opens on Dec. 2 at Honolulu Hale. This annual event, which draws thousands of onlookers, features food, entertainment, arts and craft booths, keiki rides and other family activities.

The electric light parade starts at 6 p.m. at 'A'ala Park and is scheduled to make its way down King Street, arriving at Honolulu Hale at 6:30 p.m. for the official lighting of the Christmas tree by Honolulu Mayor Kirk Caldwell.

Here's the schedule:
• 4 p.m. - Keiki rides and food

booths open.
• 6 p.m. - Mayor's Christmas
Tree Lighting Ceremony begins
at Honolulu Hale, just as the

parade steps off at 'A'ala Park,

- running down King Street
 6:30 p.m. Mayor Kirk
 Caldwell will illuminate the
 city's 50-foot holiday tree on the
 front lawn and unveil the employee Christmas tree display
 and public wreath exhibit in the
- Honolulu Hale Courtyard.
 7:30 p.m. The evening is highlighted with a star-studded holiday concert near the Sky Gate, featuring 2017 Na Hoku Hanohano Male Vocalist of the Year Josh Tatofi.

Free parking is available in the city's municipal lot. Go to www.honolulu.gov/csd for more information.

Visitors can stroll through the Christmas Wreath Display in Lane Gallery, enjoy the Holiday Concert at Sky Gate and have their photos taken with Santa in the Mission Memorial Auditorium. Also not to be missed is Santa's Gingerbread House and the Enchanted Forest Display in the Honolulu Hale Courtyard.

The festivities end at 11 p.m. Honolulu City Lights will be open, daily, from 8 a.m. to 11 p.m. on the Frank F. Fasi Civic Center Grounds, and will run through Jan. 1, 2018.

Kapolei City Lights

The Kapolei City Lights is scheduled for 6 p.m. at Kapolei Hale. The festivities include a parade along Fort Barrette Road and Kapolei Parkway. The tree lighting is at 7 p.m.

There will also be a street festival featuring food, entertainment and over 20 booths of arts and crafts at Kapolei Hale. Other family fun activities include appearances by Mickey and Minnie Mouse and opportunities to take photos with Santa.



File phot

The Murray ohana (left) pushes the button to light up the holiday tree during the Directorate of Family and Morale, Welfare and Recreation's annual Tree Lighting Ceremony, here, last December. This year's ceremonies are scheduled Nov. 28 at Schofield Barracks and Nov. 30 at Fort Shafter. Both events begin at 5 p.m. and will feature a concert by the 25th ID Band, light refreshments and photo opportunities with

Here's the schedule:

- 4 p.m. The free street festival begins on Ulu'Ohi'a Street fronting Kapolei Hale.
- 6 p.m. The parade, on Kapolei Parkway, steps off at 6 p.m., at Fort Barrett Road and ends at Kealakapu Street.
 - 7 p.m. The tree light-

ing ceremony at Kapolei Hale begins, and a Hawaiian-style concert closes the evening.

Go inside Kapolei Hale for the community and city department tree display. For more details, call the Mayor's Office of Culture and the Arts at (808) 768-6622.

Left — Holiday Card Lane features holiday cards made by various units and organizations aboard U.S. Army Hawaii

installations. The winner of the Holiday Card Lane contest will be announced at the tree lightings.

More Online

For more information about Honolulu City Lights and Kapolei City Lights, visit honolulucitylights.org and kapoleicitylights. com.



(Services

Additional religious services, children's programs, educational services and contact information can be found at https://www.

garrison.hawaii.army.mil/

AMR: Aliamanu Military

Reservation

Fort DeRussy

Aloha Jewish Chapel,

Pearl Harbor

TAMC: Tripler Army

Chapel

WAAF: Wheeler Army

Buddhist Services

at MPC

Catholic Mass

11:45 a.m.

AMR

MPC

Soldiers Chapel,

Medical Center

Airfield Chapel

•First Sunday, 1 p.m. at FD

•Last Wednesday, 6 p.m.

•Monday-Wednesday,

•Thursday, 11:45 a.m. at

•Wednesday, 5 p.m. at

•Saturday, 5 p.m. at TAMC

at Soldiers Chapel

Sunday services:

-8:30 a.m. at AMR

-11 a.m. at TAMC

Gospel Worship

(Call 477-7647)

Jewish Shabbat

(Call 473-3971)

(Sabbath)

Islamic

•Sunday, noon at MPC

•Sunday, 12:30 p.m. at

•Friday, 12:30 p.m. at AMR

•Friday, 7:30 p.m. at PH

Protestant Worship

Sunday Services

-9 a.m. at MPC

-9 a.m. at FD

(Contemporary)

-9 a.m. at TAMC

-10 a.m. at HMR

(Contemporary) -10:30 a.m. at AMR (Contemporary)

-11 a.m. at WAAF

(Contemporary)

This Week at the

Tyler Perry's Boo 2!

A Madea Halloween

(PG-13)

Friday, Nov. 24, 7 p.m.

Geostorm

(PG-13)

Saturday, Nov. 25, 4 p.m.

Suburbicon

-10:30 a.m. at MPC

Schofield Barracks

Helemano Chapel

Main Post Chapel,

Schofield Barracks

rso/USARHAW%20Cha-

pel%20Services.pdf.

Chapel

Chapel

HMR:

PH:

SC:



Briefs 24 / Friday

Parenting 101 — Take your parenting to the next level. Discover current "best practices" and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from noon-1 p.m. Call 655-4227 to register.

25 / Saturday

Family Nite — Enjoy paint and take ceramics with SB Arts and Crafts at 4:30 p.m. Preregistration is required. All supplies included. Children 12 and younger must be accompanied by an adult. Call 655-4202.

America Red Cross CPR/ AED-First Aid Training – Available at SB Richardson Pool from 9 a.m.-4 p.m. for \$75.

28 / Tuesday

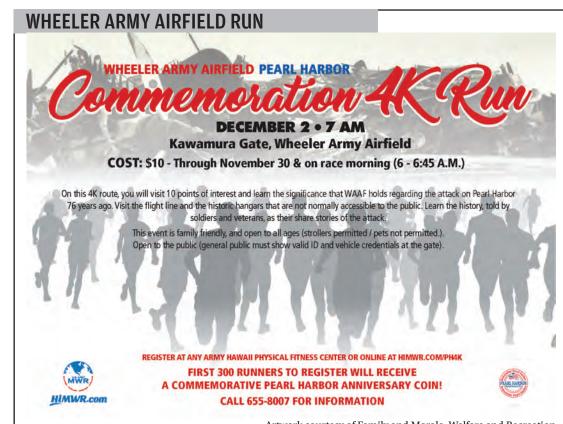
Tree Lighting North — Families are invited to SB General Loop from 5:30-8:30 p.m. to kick-off the holiday season with the annual lighting of the tree. Festivities include pictures with Santa, Army Music Hawaii, cookies and cocoa. Call 655-0002. See related story on page B-1.

Manga for Adults — Discussion group held at SB Sgt. Yano Library from 5-6 p.m. Call 655-8002.

30 / Thursday **Basic Investing & TSP-**

The best time to start investing is now. Learn the basics of the Thrift Savings Plan and other investment options, including stocks, bonds and mutual funds at SB ACS from 10-11:30 a.m. Call 655-4227.

Tree Lighting South — Families are invited to FS Palm Circle from 5:30-8:30 p.m. to kick-off the holiday season with the annual lighting of the tree. Festivities include pictures with Santa, Army Music Hawaii, cookies and cocoa. Call 655-0002. See related story on page B-1.



Artwork courtesy of Family and Morale, Welfare and Recreation WHEELER ARMY AIRFIELD — Pearl Harbor commemoration educational 4K runs through Wheeler Army Airfield, 7-9 a.m., Dec. 7, through 10 historical stops, significant to the attacks on Pearl Harbor - 76 years ago. Runners will be allowed special access to the flight line during the race. The first 300 to register will receive a 76th anniversary commemorative coin at check-in. Cost is \$10 until 6:45 a.m. race morning. Register online at HiMWR.com/PH4K. Call 655-0113.

Coding with Color — Explore coding basics by creating with littleBits (color-coded, magnetic electronic building blocks) at SB Sgt. Yano Library from 3:30-4:30 p.m. Open to youth 10-17. Space is limited. Preregistration required. Call 655-8002.

Right Arm Night — Enjoy a night of comradery at SB Nehelani. Food and beverages available for purchase. Event starts at 5 p.m. Call 438-1974.

December

1 / Friday

Paint and Sip — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

2 / Saturday

Hands Only CPR — Free youth classes, ages 10-14, held at SB Sgt. Yano Library from 11 a.m.-2 p.m. Classes are approximately 40 minutes long and taught by certified hands only/ citizens' CPR instructors. Call

655-9698.

Moonlight Hiking — Hike the Ewa Forest Reserve with SB Outdoor Recreation from 6-10 p.m. for \$20 per person. Transportation provided. Bring your own snacks and water. Call 655-0143.

FRG Leader Training — Held at SB ACS from 9 a.m.-4 p.m. Learn about the Soldier/ FRG and how to effectively run the organization, as well as challenges FRGs face. Call 655-4227.

5 / Tuesday

Coloring for Adults — Held at SB library at 6 p.m. All supplies included. Light refreshments served. For adults only. Call 655-8002.

6 / Wednesday

Library Wreath Craft — Activity held at FS library at 3:30 p.m. Crafters will create a holiday wreath with paper, glitter and a paper plate. Call 438-9521.

7 / Thursday **Brick Club** — Monthly event held at SB Sgt. Yano Library for individuals who like to get

creative with building blocks.

Call 438-9521.

8 / Friday

Parenting 101 — Take your parenting to the next level. Discover current "best practices" and learn tips and tools to assist you in reaching your parenting goals at the SB ACS, noon-1 p.m. Call 655-4227 to register.

Right Arm Night — Enjoy a night of comradery at FS Hale Ikena. Food and beverages available for purchase, 5 p.m. Call 438-1974.

Ongoing

9-Ball Pool Tournament at Tropics — Join us every Thursday at 6 p.m. for a 9-ball single elimination and sudden death tournament at SB Tropics. Call 655-5698.

Xbox Challenge NBA 2K17 - Every Wednesday at 11 a.m.-2 p.m. Call 655-5698.

Texas Hold'em Poker — Play Texas Hold'em every Thursday at SB Tropics at 5:30 p.m. Seating is limited. Cost is \$25. MWR Bucks to 1st place.

Community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

24 / Friday

Kolekole Hiking Trail — Hiking trail will be open to hiking Friday, Saturday and Sunday, this weekend, from 5:30 a.m. to 6:30 p.m.

Waikiki Holiday Parade – Annual event is expected to have 4,000 marchers, 40 vehicles and 38 bands from around the country, beginning at 7 p.m., near the Hale Koa Hotel, and marching through Waikiki along Kalaukaua Avenue to Kapiolani Park. Visit www.musicfestivals.com.

25 / Saturday

Paws on the Path — Hawaiian Humane Society's hiking club, Paws on the Path, meets the last Saturday of every month to explore Hawaii with pets and friends. Join the club at 8:30 a.m. as it hikes the Waimano Valley Loop. Visit https://www. hawaiianhumane.org/waimanovalley-loop/ to learn more. Call 356-2222.

Toys for Tots — Benefit holiday concert, 7:30 p.m., at the Hawaii Theatre, 1130 Bethel St., features Henry Kapono, who joins the U.S. Marine Corps Forces Pacific Band at the Hawaii Theatre for this holiday

season charity event.

Kapolei Commons Snow Day — This annual event, 10 a.m.-1 p.m., draws more than 4,000 to the west side winter wonderland where many keiki experience snow for the first time. It's a free, family-friendly event with photos with Santa and Wonder Woman, face painting, twirly balloons, arts &

crafts, games, food booths and

College Football — The University of Hawaii Rainbow Warriors finish the 2017 season hosting Brigham Young at Aloha Stadium, 4 p.m. kickoff, Purchase tickets at the stadium box office or online at hawaiiathlet-

29 / Wednesday

Community Information Exchange — The public is invited to this monthly gathering, hosted by Garrison Commander Col. Stephen Dawson at the SB Nehelani, 9 a.m. It features briefs from U.S. Army Garrison-Hawaii directorate leaders about currentA garrison and

community events and initiatives, followed by an open forum for audience questions. Call the Public Affairs Office for additional information at 656-3157.

Farmers Market — Ka Makana Ali'i, located at 91-5431 Kapolei Pkwy., Kapolei, is hosting a weekly Farmers Market. The new market will now be held Wednesdays and feature live entertainment in center court and in the Macy's wing.

December

1 / Friday

Polynesian Cultural Center Christmas at the Hukilau Marketplace runs through Dec. 23 at the PCC, and offers selfies with Santa, nightly Christmas entertainment, and train rides for keiki, 6:30-8:30 p.m., Thursdays-Saturdays, through Dec. 16, and Mondays-Saturdays, Dec. 18-23. The Winter Wonderland Snow Days are set for Dec. 2, 8 and 22. Visit www.hukilaumarketplace.com or call (808) 293-3333.

2 / Saturday

Honolulu City Lights Opening night festivities and Public Workers' Electric Light Parade, 4 to 11 p.m., Honolulu Hale and Fasi Civic Center, 530 S. King St. Honolulu City Lights returns for its 33rd year of holiday cheer setting downtown Honolulu aglow with dazzling lights and displays to mark the start of the holiday season. The opening night festivities kick off a month-long celebration of family-friendly attractions and merry fun. See additional information on page B-1.

Sounds of Aloha — An a cappella Christmas presented, 4 and 7 p.m., at the Paliku Theatre, Kaneohe. Visit www.SoundsOf

Aloha.org.

3 / Sunday

Holiday Concert — The 100-voice Windward Choral Society's 10th annual free event at 4 p.m., Dec. 10 and 17, at St. John Vianney Church, 920 Keolu Dr., Kailua.

Miranda Sings — YouTube sensation comes to the Hawaii Theatre for a night of comedy and parody, 8 p.m. Visit www. hawaiitheatre.com.

6 / Wednesday

Pacific Aviation Museum Commemoration — Blackened Canteen Ceremony hosted by Pacific Aviation Museum, Pearl Harbor and Dr. Hirova Sugano.

M.D. aboard the USS Arizona, 7 a.m.

Sugano comes from Japan for this annual commemoration with a silent prayer and pouring bourbon whisky from a World War II-blackened canteen into the water from the USS Arizona Memorial as an offering to the spirits of the fallen.

The public is invited on a first-come, first-served basis. Call 282-6570 for reservations.

7 / Thursday

Memorial Parade — Pearl Harbor Memorial Parade, 6 p.m., Fort DeRussy. Decorated Cobra helicopters, floats and bands parade down Kalakaua Avenue in Waikiki to honor Pearl Harbor survivors, veterans, active duty military and their families.

Suburbicon (R)

Saturday, Nov. 25 7 p.m.

(R)

Sunday, Nov. 26, 4 p.m.

Closed Monday through

Calendar abbreviations 8th TSC: 8th Theater Sustainment

Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military ReservaASYMCA: Armed Services YMCA BCT: Brigade Combat Team

CDC: Child Development Center CYSS: Child, Youth and School Services

EFMP: Exceptional Family Member Program FCC: Family Child Care FMWR: Family and Morale, Welfare FRG: Family Readiness Group

and Recreation

FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities

PFC: Physical Fitness Center SAC: School Age Center SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-

USARPAC: U.S. Army-Pacific

WAAF: Wheeler Army Airfield

Hawaii

The Snowman

Thursday.



Photo by Michelle Colte, Daniel K. Inouye Elementary School SCHOFIELD BARRACKS — Daniel K. Inouye Elementary School joins a Periscope live feed, and the kids are seeing the native forest of Kahanahaiki.

Army Natural Resources team gives keiki a virtual field trip

HAWAII STATE DEPARTMENT OF EDUCATION News Release

HONOLULU — Daniel K. Inouye Elementary students were treated to a special field trip into the Waianae Mountains via social media.

The Army's Oahu Natural Resources team and outreach staff worked with the school's librarian, Michelle Colte, to set up a live Periscope feed from the Waianae Mountains where staff and volunteers were planting over 350 native plants. The plants will improve the habitat for the endangered species that the Army's Natural Resources Program protects within Makua Military Reserva-

New ways to learn

"Our school has been experimenting with different ways that kids can access



information and share their learning," Colte said. "We connected with the Army's Natural Resources Program because of the unique terrain and the location of their project. We are unable to take 125 fourth graders to this area, so Periscope allows our kids to ask the experts questions and to see the plants close up."

Students were able to submit questions to the field experts through the Periscope app. Fourth graders are currently learning about native plants and sustainability, which made the experience and opportunity to speak with subject matter experts relevant and engaging.

"Having this technology brings the lesson to life for our students, and they experience what we're learning firsthand. It's hard to get to certain places and be able to do this," shared teacher Jerilynn Schaefer.

Daniel K. Inouye Elementary is located on Schofield Barracks and works with U.S. Army Garrison-Hawaii on partnership projects.

Get Involved

The Army protects endangered plants and animals throughout the Waianae and Koolau Mountains and has an active volunteer program. Outreach staff leads small-group service-learning trips to care for the native forest in remote locations. Contact outreach@oanrp.com or 656-7741 for more information.

Left — Volunteers collect fruit from native plants to bring back to the Army Natural Resources Program's Seed Conservation Lab for processing.

Wheeler Middle Schoolers walk for orphans

Wheeler Middle School

WHEELER ARMY AIRFIELD — On a recent cloudy Thursday morning, seventh grade students at Wheeler Middle School spent a class period walking around the school field.

As students completed laps, teachers cheered them on in their efforts to raise awareness and money for a school in Sierra Leone.

Sierra International Academy seeks to provide equal access and quality education to orphans from the Ebola outbreak in 2014.

Learning endeavor

Students began learning about the day-to-day struggles that children around the world endure through their first quarter novel, "A Long Walk to Water," by Linda Sue Park. The historical fiction depicts the stories of two characters living in Southern Sudan.

One story describes the hardships of Salva, a real life character who struggles to find survival during Sudan's Civil War. The second story is about Nya, a fictional character, who spends eight hours a day walking to a well to collect water for her family. Although the two accounts portray different experiences of adversity, both center on the theme of perseverance and determination.

Prior to the walk-a-thon that took place in October, students raised money through flat donations. Trevor Gust, a seventh grade student, donated his personal piggy bank collection for the



Courtesy photo

A student from Sierra International Academy, holds up a message for Wheeler Middle School.

Students gathered money with the understanding that, regardless of the amount of money raised, collective action has the power to invoke dialogue and beget sustainable solutions for our communities. Through the project-curriculum approach, students are making learning meaningful by transferring the knowledge and skills they acquire to spaces outside of the classroom.

Gratitude and encouragement

The walk-a-thon was symbolic for the daily struggles that children around the world must endure to provide for basic needs. The seventh grade student body raised a total of \$833.66. Students from Wheeler Middle and Sierra International Academy reciprocated gratitude and encouragement by exchanging poster-sized messages that they created together in groups.



Courtesy of Wheeler Middle School

Pictured is a seventh grade class from Wheeler Middle School, holding up messages for Sierra International Academy. The students supported Sierra Leone

Plant some thankfulness this holiday season

CHAPLAIN (MAJ.) JEFF BARTELS

Chief, Theater Religious Support Operations U.S. Army Pacific Command Chaplain's Office

FORT SHAFTER — Happy Thanksgiving! This time of year draws festive occasions, lots of food, family and friends.

It can also be a time of great reflection, sitting around the table and perhaps sharing some

thanks. Well, in those moments and in the spirit of thanks, I'd invite you to

consider how "thankfulness" can be more than a one-time occasion of reflection culminating at the end of November.

Cultivation

Thankfulness can be cultivated. Just as a plant is cultivated to grow,

thankfulness can be cultivated. Just as plants bring nourishment, so can thankfulness nourish.

Colossians 3:15 states, "And let the peace of God rule in your hearts, to which also you were called in one body, and be thankful" (NKJV). The same text $concludes, \hbox{``And cultivate thankfulness''} (\hbox{The Message}).$

Thankfulness doesn't come naturally. We have to cultivate it, nurture and develop it.

While thankfulness does take work, the rewards are well worth the effort. Studies have shown that being



thankful improves our physical and emotional health. Harboring feelings of thankfulness can boost our immune system and increase blood supply to our hearts. Cultivating thankfulness honors God and those we encounter, work with, family and friends, and ultimately impacts our community.

Ironically, it is difficult, perhaps impossible, to be thankful and negative at the same time. When it seems that complaints are overwhelming, making a deliberate decision to focus instead on being thankful can counteract the attitude.

Thankfulness to-dos

Here are a few ways to counter the complaining and cultivate thankfulness:

1) Make an intentional effort:

2) Pen some things down that offer thankfulness, i.e., family, friends, a pet or pets, a car, home, job, etc.; and

3) Focus specifically on an item from the list and reflect upon the unique ways to be

LISA SMITH MOLINARI

This simple exercise can allow the opportunity to truly value those things in life. In order to grow in this thankfulness, encouragement is necessary. So, try to encourage that effort or perhaps have others encourage the same effort.

Just as the seedling grows into a nourishing plant, it takes an enriching effort to grow and cultivate thankfulness. So, try out those green thumbs and cultivate some thankfulness.

"Gratitude is an offering precious in the sight of God, And it is one that the poorest of us can make and be not poorer

But richer for having made it."

— A. W. Tozer



To all the Black Friday flunkies, we are not alone!

As much as I'd like to think that Black Friday is a greedy retail industry conspiracy to fleece gullible consumers out of their hard-earned cash, I can't deny the fact that it offers shoppers really good deals. In fact, Black Friday has become so popu-

lar – last year, over one million shoppers braved the crowds to get average in-store "doorbuster" discounts of 37 percent - that similar retail events have cropped up such as Singles Day, Small Business Saturday, Cyber Monday, Green Monday, and Super Saturday. It seems like every retailer is grabbing for a chunk of the \$1.05 trillion in sales predicted for the 2017 holiday shopping season.

As trendy as these retail events are, I've never been motivated to shop so soon after Thanksgiving. I'm too busy trying to get the burnt bits off the bottom of the roasting pan to care. Besides, the puzzle isn't done, there are more football games to watch, and I promised everyone I'd make tetrazzini with the leftover turkey.

I prefer to wait a couple more weeks to start shopping in earnest, just long enough for abject panic to set in. Why get everything purchased, packaged and shipped, when I could pay top dollar after the competition slows down, then stand in line for an hour at the post office only to be told that my package will arrive too late for Christmas?

Small town perspective

Perhaps I'm a Black Friday flunky because of my upbringing. I grew up in a small town where the only shopping done on Black Friday was for pork products and beer. This is because the day after Thanksgiving was when men and boys left to go hunting.

Every year, my father and a dozen of his friends ensconced themselves in fluorescent orange and headed out to our hunting camp - a small cinderblock cabin on a wooded pond in rural Western Pennsylvania. Every-

one in those parts had school and work off on Monday and Tuesday for deer hunting season, so for five days, they tracked deer, ate like kings, watched football and played poker. Even though I was left at home with my mother, she

wasn't much for shopping for the latest trends. I was encouraged to wear thick yarn hair ribbons, saddle shoes and polyester dresses with white cardigan sweaters until I was in the seventh grade. By adolescence, any burgeoning fashion sense that I was developing had withered and died, apparently asphyxiated by those stifling cardigan sweaters.

I had to master the basics if I was going to survive high school, so I armed myself with simple color matching skills, lots of denim and a pair of brown shoes. My most fashion-forward outfit was an orange wool sweater, a knee-length denim skirt, matching orange knee socks and those brown shoes. That was as good as it was gonna get.

After marriage, I was still the last one to clue in to the latest trends among my peer group. In the 90s, while

the other Navy wives were toasting pine nuts, wearing distressed jeans, painting their walls "Claret" and listening to Alanis Morrissette, I was obliviously content in my shoulder-pad-reinforced sweater, drinking a Zima in my Williamsburg blue kitchen with the duck toaster caddy.

No matter how hard I tried, I just couldn't keep up with trends. Just when I thought I'd discovered the latest craze, it was already on a clearance rack at Big Lots or on the buffet at Golden Corral.

But there is good news for unsavvy shoppers like me. Apparently, the numbers are on our side. According to PwC market research, shoppers are becoming disenchanted with Black Friday. Only 35 percent plan to shop the day after Thanksgiving, down from 51 percent in 2016 and 59 percent in 2015.

Eighty-one percent of consumers feel that holiday shopping is stressful, and 45 percent mark Black Friday as the most nerve-racking time to shop. So this year, the largest group of consumers plan to do their holiday buying during the second week of December to avoid the Thanksgiving week rush altogether. I guess, after all those years of being a Black Friday flunky, I'm finally a trendsetter after all.

(For more, visit www.themeatandpotatoesoflife.com.)



Courtesy of Tripler Army Medical Center

TAM(T)P

Lung Cancer Awareness Month

ERIN HERNANDEZ

Tripler Army Medical Center

November is Lung Cancer Awareness Month, and there is no better time to consider getting screened.

According to the American Cancer Society, more than 225,000 people are diagnosed with lung cancer every year, and it causes more deaths than breast,

> prostate and colon cancer combined. Lung cancer is often not diagnosed

until it has spread to other parts of the body, making it more difficult to treat. Until recently, there was no recommended screening for lung cancer, but

now there is. Screening is recommended for current or former

smokers, over the age of 55, who have smoked a pack a day for 30 years, or the equivalent. Tripler offers extensive lung cancer screening

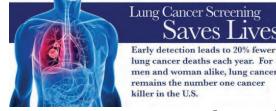
that includes a consult visit with a nurse navigator, an annual CT of the chest, if you are eligible and interested, and access to the most comprehensive pulmonary services in Hawaii. Early detection, as a result of screening, has been

proven to reduce the number of deaths in high-risk patients by up to 20 percent. Lung cancer found with routine screening is often at an earlier stage, making it easier to treat. Screening today could save your life.

If you are interested in screening or would like more information, call (808) 433-1684, visit us online at https://www.tamc.amedd.army.mil/offices/Pulmonary/ or stop by the TAMC Pulmonary Clinic to speak with a staff member.

You may also request a consult to be placed through your primary care provider.

(Erin Hernandez is a lung cancer & screening nurse navigator at TAMC's Pulmonary Clinic.)



Lung Cancer Screening

lung cancer deaths each year. For men and woman alike, lung cancer killer in the U.S.

Courtesy graphic

Survey offers community a 'voice' in health promotion

LINDA BASS

U.S. Army Public Health Command

WHEELER ARMY AIRFIELD -How do you feel about the health and wellness of your community? What do you think are the top physical, behavioral, social, spiritual and family health issues in the community?

Your opinion matters and your local Community Health Promotion Council (CHPC) wants to hear from you.

Assessment

The Community Strengths and Themes Assessment (CSTA) is underway at U.S. Army-Hawaii (USARHAW) and will run through January 2018. Developed as a "holistic approach to assess the community for needs, this survey is designed to capture the pulse of our community members' feelings on quality of life, health, safety and satisfaction."

Survey questions cover a wide



variety of topics related to health, wellness and resiliency, and how well community programs and services address community members' needs. Participants will be asked to identify top health issues and risky behaviors, assess their personal health, as well as that of the community at-large, and say how familiar they are with programs and services to address health and wellness issues.

Results of the assessment will be briefed to senior community leaders at the quarterly Community Health Promotion Council and are expected to play a role

in the identification of council priorities. Top identified issues will be assigned to functional working groups for the development of action plans and processes to address those needs.

Survey takers can also scan the displayed QR code and complete the survey on their smart phones. All Army Hawaii community members are encouraged to participate.

(Note: Linda Bass is the Ready and Resilient Program Specialist for USARHAW. General information about the CSTA is referenced from U.S. Army Public Health Command information papers.)

Online Survey

The survey takes less than 10 minutes to complete and is available online at the following link: https://usaphcapps. amedd.army.mil/Survey/ se.ashx?s=251137453825C6F3.



hopes to measure the community's response to health and wellness initiatives.

Photo by 1st Lt. Jason Kilgore, U.S. Army Health Clinic-Schofield Barracks SCHOFIELD BARRACKS — Col. Deydre Teyhen, commander of U.S. Army Health Clinic-Schofield Barracks, demonstrates the Resting Metabolic Rate test at Army Wellness Center, recently, as Col. Stephen Dawson, commander of U.S. Army Garrison-Hawaii, and Amber Mowry, AWC director, look on. The new CSTA survey

Pacific Regional track and field athletes shine

LEANNE THOMAS

Tripler Army Medical Center Public Affairs SCHOFIELD BARRACKS — Despite the warm temperatures, track and field contenders gave it their all on race day.

About 30 wounded-athletes received medals following the track and field events during Pacific Regional Trials 2017. The preliminary

wounded warrior sports competition took place earlier in the month marking the very first in the "Aloha State."

Adriane Wilson, field coach and former professional athlete said, "The athletes here are getting firsthand experience with a coach to go through the events, even if they haven't tried them

before, to get a little idea to what they can train for and potentially qualify to make the U.S. team for



Warrior Games."

"I feel very fortunate to be a coach. For many years, I was a professional athlete and focused all the training

on me, and I don't think I've ever felt as fulfilled as a friend, as a professional, as a coach, than I have coaching the Soldiers and these athletes," Wilson added.

Military adaptive sports programs operate by International Paralympic standards. Track events consist of races in standing and racing chair categories at distances of 100-meters, 200-meters, 400-meters, 800-meters, 1,500-meters and a mixed classification of 4×100 meters' relays.

Field events include seated shot put, standing shot put, seated discus and standing discus. Weights of the shot put, seated discus and standing discus vary for men and women, as well as for the seated and standing variations.

(For full track and field results, visit www.hawaiiarmyweekly.com.)

Photos by Staff Sgt. Melissa Parish, U.S. Army-

Above, wounded warriors participate in the track and field events at the Pacific Regional Trials hosted by Tripler Army **Medical Center's Warrior Transition** Battalion

The weeklong competition, Nov. 6-10, featured events at Joint Base Pearl Harbor-Hickam and Schofield Barracks.

More than 80 wounded, ill and injured service members and veterans from across the Pacific region competed in eight adaptive sporting events.



Photos by Jim Goose Guzior, Tripler Army Medical Center

PACIFIC REGIONAL TRIALS 2017 ARCHERY MEDALISTS

Compound Winner

Gold medalist, Staff Sgt. James Maarsingh, Fort Lewis Silver, Spc. Nicholas Cathcart, Fort Lewis Bronze, Sgt. Toby Spencer, Fort Lewis

Recurve Winner

Gold, Spc. Katherine Morrin, Fort Lewis Silver, Sgt. 1st Class Daniel Foiles, Fort Lewis Bronze, Sgt. Christian Rennie, Fort Lewis

SCHOFIELD BARRACKS — Staff Sgt. Melvin Dizon, indirect fire infantryman, 2nd Battalion, 27 Infantry Regiment, "Wolfhounds," 25th Infantry Division, competed in the 2017 Pacific Regional Trials archery competition on Nov. 9 at Martinez Gym, here.

"I'm competing in the archery competition because I wanted a new challenge; wanted to try something different as I've never done this before," said Dizon, who was injured during a deployment in Iraq. "I'm really excited about this competition."

Archery competitions for those with physical impairments date back to 1948, becoming one of the original Paralympic sports at the Rome 1960 Paralympic Games.

Archery is composed of five categories: Individual Compound Open, Individual Compound Visually Impaired (VI), Individual Recurve Open, Team Compound and Team Recurve.

Participants shoot compound and recurve bows from a standing or seated position. Athletes compete in different classification categories based on functional abilities, including impaired muscle power/ range of movement, limb deficiency and visual impairment.

VI archers compete in a separate classification than sighted archers. All VI archers wear blindfolds and shoot with a tactile sight. Men and women are combined for all archery events.

A recurve bow has a distinctive outward curve at the top. A compound bow features mechanical pulleys, telescopic sights and release aids to assist in accuracy. Depending on athlete classification, some competitors use customized release aids using their jaw, chin or teeth.

Wounded warriors gain more than medals from swim competitions

LEANNE THOMAS

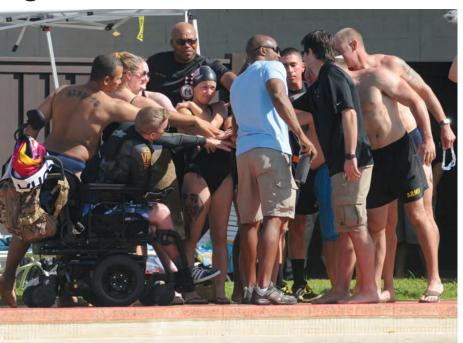
Tripler Army Medical Center Public Affairs SCHOFIELD BARRACKS — Pacific wounded warrior athletes competing in Hawaii's first wounded warrior sports competition showed the world that injuries do not have to keep you from living active lifestyles.

A first for many of the wounded, ill or injured Soldiers and veterans to compete professionally in adaptive sports, 11 competitors took home medals during the 2017 Pacific Regional Trials swimming events held at Richardson Pool, here, earlier this month.

"Being able to learn something new, it requires an open mind. It requires you to be very humble when you approach the water," explained Atiba Wade, Pacific Regional Trials head swim coach.

"Once you realize that, and you start working with the water, and you have to receive instruction well, it's a very humbling process. You gain something from that which is a new skill. It's very empowering."

Wade, also head swim coach for Team Army during the Department of Defense (DOD) Warrior Games, has had the opportunity to coach all across the country and work with different swim teams.



"Everyone comes in with a different

I am getting the most out of every athlete

that comes into the pool," he said.

competitors from all regional trials

In the next coming months, top

Photo by Staff Sgt. Melissa Parrish, U.S. Army Pacific

across the Army will be selected to skill set, and it's my job to make sure that compete at Army Trials for a chance to represent Team Army at the Warrior

> Games in 2018. "This is amazing; I love it," said Master Sgt. Shaun Elton, wounded

Wounded warrior athletes from across the Pacific region compete in Paralympic-style swimming events during day one of Pacific Regional Trials 2017 at Richardson Pool, on Nov. 6.

warrior athlete assigned to the Warrior Transition Battalion at Joint Base Lewis-McChord. "I'm grateful to be out here participating. Whether I make the event or not, it's a great experience for me."

The Pacific Regional Trials 2017 Paralympic-style swimming events included the 50-meter freestyle, 100-meter freestyle, 50-meter breaststroke and 100-meter breaststroke in both men's and women's categories.

Wounded warrior athletes compete in different classification categories based

on functional abilities. In swimming, the athletes' classification determines the way they will start the race, either from a diving position, seated on the platform or in the

(For full swimming results, visit www. hawaiiarmyweekly.com.)

PRT closing ceremony emphasizes resiliency

LEANNE THOMAS Tripler Army Medical Center Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — "Your display this week of resilience, empowerment and encouragement (has) left us all inspired," said Lt. Col. Clyde L. Hill, commander of the Warrior Transition Battalion-Hawaii.

The 2017 Pacific Regional Trials concluded with a ceremony, Nov. 10, at Ford Island, overlooking the USS Arizona

During the weeklong competition, about 80 wounded, ill or injured Soldiers and veterans from the Pacific region trained and competed in eight adaptive sporting events at Schofield Barracks: swimming, track, field, shooting, archery, cycling, sitting volleyball and wheelchair basketball.

What's next

Top competitors from the regional events will be invited to participate in Army Trials 2018, and from there, have the opportunity to compete and progress to the Department of Defense (DOD) Warrior Games.

"It seems very fitting that we hold the closing ceremony right here in this location, this very historic site," said Hill.

The final resting place of more than 1,100 Sailors and Marines, the USS Arizona Memorial, serves as a reminder of those who made the ultimate sacrifice during the attacks on Pearl Harbor, and also of those who continued the fight in our nation's second world war.

World War II was a war claiming the lives of over 400,000 Americans and injured many others," Hill explained. "Today we benefit from the progress of our predecessors. Our generation of service members have access to world-class programs and services that those before us did not. The (Army) Warrior Care and Transition program is one such example."

Transition support

One of 14 warrior transition units



Col. Andrew M. Barr (left), commander of Tripler Army Medical Center, recognizes Master Sgt. Shaun Elton, and Lt. Col. Clyde L. Hill (center-left), commander of WTB-Hawaii, recognizes Spc. Joel Worstell (far right), both wounded warrior athletes assigned to Fort Lewis, during the 2017 Pacific Regional Trials closing ceremony, Nov. 10, at Ford Island, JBPHH.

across the country, WTB-Hawaii plays an essential role to support wounded, ill and injured Soldiers in the Pacific region by providing mission command and personalized support through a triad of care.

"The Warrior Games serve as a critical component of that mission," added Hill. "They allow our wounded and injured Soldiers to demonstrate not just through their physical prowess regained through their hard work and determination, but also their mental and spiritual toughness required to overcome some of the challenges they endure on the daily."

After becoming wounded, ill or

injured, our service members often experience many challenges during recovery and transition, including at least six months of complex medical care.

The Warrior Games and the other adaptive sports competitions, such as Pacific Regional Trials, emphasize the importance of adaptive reconditioning activities in daily recovery.

Service members and veterans who use adaptive sports as part of their rehabilitation process benefit from maintaining active and healthy lifestyles. They develop leadership and camaraderie, and also recognize that recovery is

achievable by focusing on ability rather than in-ability.

During the ceremony, Col. Andrew M. Barr, commander of Tripler Army Medical Center, also provided remarks.

"From the stories that we heard this week, what you end up really getting is a sense of accomplishment and a sense of resiliency," he said. "Through your effort, through your struggle, through your accomplishments, some of you rebelling in victory with medals, but all of you rebelling in your accomplishments and the ability to finish the race. That's what the Warrior Games are all about."

SHOOTERS TAKE AIM AT SCHOFIELD

Soldiers and veterans compete in the shooting competition at the Pacific Regional Warrior Game Trials 2017 at Schofield Barracks.







SCHOFIELD BARRACKS — Shooting became a medal sport at the 1976 Paralympic Games in

Competitors use air pistols and air rifles to fire a series of shots at a stationary, electronic target.

Shooting categories are air pistol, air rifle (standing)

and air rifle (prone), all at a distance of 10 meters. Athletes compete in different classification cat-

egories based on functional abilities, including impaired muscle power/range of movement, limb deficiency and visual impairment (VI).

VI shooters compete in a separate classification than sighted shooters.

PACIFIC REGIONAL TRIALS 2017

Prone Rifle Gold, Staff Sgt. James Maarsingh, Fort Lewis Silver, Sgt. Jhunny Beltran, Schofield Barracks Bronze, Spc. Angela Euson, Fort Lewis

Prone Rifle-SH2

Gold, reservist Heather Moran Silver, Staff Sgt. Felix Correa, Fort Lewis Bronze, veteran Jerome Fa'asu

Gold, Sgt. Jhunny Beltran, Schofield Barracks Silver, Chief Warrant Officer 2 Timothy Millard,

Fort Lewis Bronze, Spc. Brooke Conley, Schofield Barracks

CYCLISTS COMPETE AT JBPHH



JOINT BASE PEARL HARBOR-HICKAM — Army National Guard Pfc. Kaitlyn Quinn competes in a PRT cycling

Photo by Staff Sgt. Daniel Luksan, 55th Combat Camera Fort Lewis

Men Hand Lower Body Injury

(LBI) Gold, Sgt. Steven Wurth,

Fort Lewis

Men Recumbent LBI Gold, Maj. Jeremiah Ellis, Schofield Barracks

Men Recumbent Upper Body

Injury (UPI)

Gold, Staff Sgt. Felix Correa,

Fort Lewis

Men Upright LBI Gold, Maj. Rolando Reyes, Schofield Barracks Silver, Col. Patrick Brodie,

Schofield Barracks Bronze, Sgt. 1st Class Jeremy Heber, Schofield Barracks

Men Upright Open Gold, Capt. Stephen Levit,

PACIFIC REGIONAL TRIALS 2017 **CYCLING MEDALISTS**

Men Upright UPI Gold, retired Capt. Stephen Bortle

Silver, Capt. Terecio Mendez, Schofield Barracks

Women Hand Cycle - LBI Gold, Spc. Jalisa Davis, Schofield Barracks

Women Recumbent UPI Gold, Reservist Heather Moran

Women Recumbent - Open Gold, Spc. Jessica Knoerr, Fort Lewis

 $Women\ Recumbent-LBI$ Gold, Maj. Barbara Coote, Schofield Barracks

Women Upright T-SCI Gold, Spc. Kaitlyn Quinn,

Fort Lewis Women Upright Open Gold, Spc. Ashley Wilson,

Fort Lewis

Twelve categories of cyclists earned awards and advancement to the next level of competition.